**GMM Student Wellness Subcommittee Exit Ticket**

**May 28, 2014**

**Star and Stairs and Share**

**Stars (compliments)**

**What are we doing well in our work toward improving student wellness in MCPS?**

* Data collection and aggregation of information by PA committee leaders
* Implementation of classes by Behavioral Health Team.
* Committee and short term vs. long term goals.
* Focus on nutrition, PA, and Mental Health
* The physical activity plan and goals are not only fantastic but seem to be researched based and feasible. Great job!
* Setting goals and keeping the health of MCPS students in top priority
* I think the structure of the teams is a good start to collect what is needed to help our students be supported to graduate.
* We are beginning to focus our efforts and beginning to understand that a variety of approaches are necessary. (top down/bottom up)
* Lisa B is amazing. The PA group is on a roll and will help all the other areas.
* Great ideas in trying to utilize PE in all aspects, along with healthy food choices.
* Liked the idea of alternative (lifetime) sports options.
* Involving the community
* Lots of resources and people here
* Appreciate the structure of the meetings
* Broad approach, but trying it all to graduation
* Lots of good ideas and progress
* Good to see how it all fits together

**Stairs (critiques)**

**What improvements or changes are needed to our direction in improving student wellness in MCPS?**

* The nutrition team needs leadership that believes improvement in student nutrition is both important and possible.
* Involve parents!
* Incorporate parenting classes as part of positive family support
* Motivate kids individually or “for a cause” such as fund-raising for disasters, kids in need etc.
* Education on all levels--nutrition, BH, PA and personal health
* More nutritional experts/personnel on the nutrition committee. Really lacking expertise. ☺
* An emphasis on positive behavioral change as opposed to top down direction. Policy ought to reflect societal values, not drive.
* Student wellness policies are important to implement the work of the teams where evidence based programs can be implemented.
* A continued push to solicit opinion/input from all participants/stakeholders, not just “champions”
* Need, as Susan said, identify areas where policy changes are needed and can be implemented.
* Remember that the behavioral health piece is as important as PA
* Policy changes
* Physical activity tends to dominate—took over the Behavioral Health discussion
* Some want things to move too fast
* Not enough teachers involved

**Share (gifting)**

**What resources should we utilize to enhance our direction in improving student wellness in MCPS?**

* CSCT
* AWARE
* Full circle
* Youth Homes?
* We need a nutrition expert on the nutrition committee. One that is well versed in research and implanting action plans, literature to back-up this process and educate the entire community.
* Students
* I like Donna’s idea to create a student wellness survey for parents and teachers.
* Best practices provided via a variety of technologies to assist faculty/staff who are “in the trenches”
* We always hear that there are no resources- but without a healthy environment it is difficult to teach kids. Need to fund the resources. Donna’s ideas for “education” surveys are great.
* Perhaps have teachers at the table. What a valuable voice!
* Maybe PE should go to classrooms one day a week for 10” –to do 10” activities/partner with classroom teacher.
* Public opinion polling with parents
* Would love a presentation on MBI and how it fits with Graduation Matters
* Principals- We need their input
* Some place other than the Wiki for resources we have lots of them